



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Women's Way Celebrates 15th Anniversary

BISMARCK, N.D. – *Women's Way*, North Dakota's Breast and Cervical Cancer Early Detection Program, is celebrating 15 years of service to North Dakota women. Since the program's inception in 1997, 12,645 women have received lifesaving breast and cervical cancer screenings and services. In addition, 240 women were diagnosed and received treatment for breast cancer and 317 were diagnosed and received treatment for cervical pre-cancers and cancers.

Women's Way works to reduce breast and cervical cancer deaths by increasing education and preventive screening among low-income, medically underserved, high-risk and minority women ages 40 to 64. *Women's Way* may provide a way to pay for clinical breast exams, mammograms, Pap tests and pelvic exams for eligible women. *Women's Way* helps women who do not have health insurance; who do have health insurance but are unable to pay insurance deductibles and/or copayments; or who do not have breast and cervical cancer screening coverage through their insurance plan.

Dawn, a *Women's Way* client, was diagnosed with breast cancer in 2005 after finding a lump and going in for a mammogram. Dawn says, "If it weren't for *Women's Way*, I'd be gone. They helped me so very much. I was afraid the cancer would come back, so I didn't want to go in again for a mammogram, but *Women's Way* called me to remind me it was time. Their kind words provided me with the motivation I needed to face my fears and get screened again."

Each woman should talk to her health-care provider to determine when to begin and how often to have a clinical breast exam and mammogram. It is also important for women to be aware of what is normal for them and to see their health-care provider if they notice any breast changes. These changes could include a lump in the breast or underarm area, swelling, warmth or redness of the breast, a change in the size or shape of the breast, dimpling or puckering of the skin or pulling in of the nipple or other parts of the breast, an itchy scaly sore or rash on the nipple or spontaneous nipple discharge.

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Visit the health department home page at www.ndhealth.gov.

For more information about *Women's Way*, call 800.44 WOMEN (800.449.6636) or visit the *Women's Way* website at www.ndhealth.gov/womensway.

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